



We all love the look of a healthy glow that ultraviolet radiation (UV Rays) provides. Studies show that getting that “healthy” glow can be one of the most unhealthy things you can do for yourself.

The Sun, UV and You

Get more information from the Environmental Protection Agency (EPA) and their Guide to Sunwise Behavior: [The Sun, UV and You](#). This comprehensive resource is designed to help you understand how the sun and it's UV rays can affect you, how to protect yourself and what the risks are.



Enjoy the sun cautiously.

The Grape to Raisin Phenomenon is an excellent illustration of what happens to our skin when over exposed to UV rays, whether natural (the sun) or artificial (tanning beds). The skin, while turning a beautiful tan also dries, wrinkles and becomes leathery.

According to the American Cancer Society, the vast majority of skin cancers are due to unprotected ultraviolet radiation (UV) exposure from sun light and tanning booths. Skin cancer is the most common of all cancers and can be completely avoided by limiting UV exposure. Yet, surprisingly, there are over 1 million skin cancers diagnosed each year in the United States alone.

Play it safe this summer.

Limit sun exposure between 10 am and 4 pm.
Cover up as much skin as possible.
Seek shade whenever possible.
Use sun screen of at least SPF 15.
Where a hat with a 2—3 inch brim all the way around.
Where sun glasses with UV protection.